

# Norman Park Center

**July/August 08**

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## Luau

**Thursday, July 24th**

**1:00pm**

The Chula Vista Senior Club is breaking out the Hawaiian leis and hula skirts for an afternoon of "tropical" entertainment and refreshment. Please join us!

\$1.00 Members plus finger food to share

\$2.00 Non-members plus finger food to share

## Telephone Safety

### Watch Out for Phone Fraud

**Thursday, July 31st**

**10:00am**

These days, phone fraud targeted at seniors is widespread. When the telephone rings, Cox Communications and the National Council on Aging want to help protect you from harmful phone scams. Please join us for this informative workshop on telephone safety presented by Cox Communications. Refreshments and door prizes will round out the event. Please call in and register for this free activity at 619-691-5086.

## CV Senior Club Potluck

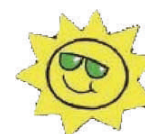
### And

## Birthday Party

**Thursday, August 7th**

**12:00pm**

The Senior Club is combining the potluck and birthday party. Please bring a dish to share with 6 to 8 people. (no desserts please) Birthday cake and ice cream will be provided by the Club for dessert. The Polka Dots will be performing blue grass music for the entertainment. Door Prizes will be given.







# Special Notices



*Directions & Connections for  
People Over 50*  
Visit Life Options Annex at  
Norman Park Center

Call (619) 691-5086  
For an appointment

A place to find information and  
opportunities for those over 50  
looking for an active and  
rewarding retirement.

- Education & Learning
- Civic Engagement
- Health & Fitness
- Recreation



## Longevity Stick

Tuesday 9:00am  
Norman Park Center  
Saturday 8:00am  
J Street Marina

This free class will help you stretch  
and add to your flexibility. Great  
for all ages.

## Center Closures

**Friday, July 4th**  
**Monday, August 11th - Monday,**  
**September 2nd**

## Blood Pressure on Fridays

**New Time!**  
**8:30am - 10:00am**



## Wii Bowling

**Wednesday, July 30th 9:30am**

Come join us for some Wii Bowling, a popular game system that provides  
great fun and exercise. Scan Health Plan is providing the demonstration.

## Senior Center Tour and Orientation

**Thursday, July 3rd & August 7th 11:00 am**

Learn about all the activities and services available at Norman Park and  
enjoy a guided tour of our facility. Meet in the conference room next to the  
main office.

## Images of America

### Chula Vista

**Monday, July 21st 10:00 am**

Come join Frank Roseman as he shares his new book written with Peter  
Watry, Images of America - Chula Vista. This will be an interesting and  
informative look into historical Chula Vista.

## Circuit Training

**Mondays & Wednesdays 9:15-10:30am**

This program works on strength and balance using a variety of the fitness  
center equipment. Students work at their own level and pace.

Summer Session June 23rd through August 6th:

\$7.00 Residents \$9.00 Non-residents

## Senior Pilates Program

**Mon. & Wed. 10:30- 11:30 am**

Want to create a body that looks and feels ageless? Need to build strength  
and improve balance? Looking for ways to reduce or eliminate back and  
joint pain? Want to improve flexibility? Then pilates is for you! Receive a t-  
shirt with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents

Supported by a grant from Scripps Health

## Classic Film Series

**Wed. July 2nd 1:00 pm** - This 1958 political comedy stars Spencer  
Tracey and John Ford.

Our next classic film will be Wednesday, August 6th at 1:00pm.





# Special Notices



## Photography

**Thursday, July 10th 7pm**

Come join us for a discussion on photography to enhance your knowledge and skills.

Topics of discussion:

- Downloading pictures to PC
- Manipulating and correcting color & lighting
- Type of lenses (wide angle to macro)
- Composition
- Selection of photographic sites
- Photographic Trips



## MEN'S GROUP & LUNCH

**Tuesday, July 8th 12:15 pm**

The Men's Group in July will discuss men's health and social issues. This group is led by Dr. Rosenblatt and 3rd year family Medicine Resident, Dan Johnson.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician and lunch are provided through a grant from Scripps Health.



## INTRO. TO COMPUTERS

**Friday, September 5th  
10-12:00pm**

This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free!

Pre-registration is required. This class is designed for persons with NO computer skills/experience. Call 691-5086.

Receive the Newsletter at Home **By Mail:** \$7.00 per year.  
Please make your check out to the City of Chula Vista.

## OUT 2 LUNCH BUNCH

**Wednesday, July 9th  
Wednesday, August 13th  
1:15 pm**



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On July 9th, the group will have lunch at El Toritos on Bay Blvd. On August 13th, the group will be eating at Jimmys.

## BILLIARDS TOURNAMENT

**12:00 pm**

**Thursday, July 31st**

The sign up sheet is in the Pool Room.



## BALLROOM DANCE

**Mondays 1:00 pm**

The ballroom dance class is looking for more members. This is your chance to keep up with "Dancing with the Stars"! Join this group on Mondays. The cost is \$3.00 for residents and \$3.75 for non-residents.

## Volunteer Meeting

**Thursday, July 17th 10:00 am**

Volunteers, if you are a hostess or assist the Chula Vista Senior Club with special events, this meeting is for you. Please join us for the information, refreshments and sharing.

## Norman Park Is a "Cool Zone" this summer!

Hot weather can sneak up on you. Several hot days in a row can sap your energy. As you get older, your body is not as efficient in letting you know that you've had too much heat. Your body's ability to cool itself off with sweat decreases. If your body can't cool down, it overheats like a pressure cooker.

Because of the danger that heat can bring to older adults, Supervisor Dianne Jacob created Cool Zones. These are designated sites where people can come to cool off during the hottest hours of the day. The program, which started in 2001, also includes electric fans for homebound, low-income seniors, plus printed tips about staying cool.



# Health & Safety

## Anna's Wellness Column

"There is no such thing in anyone's life as an unimportant day."

Alexander Woolcott

We are midway thru the year and some of us may not have stuck to our resolutions that we made for the year. It's never too late to get back on track.

Here are some tips for healthier eating, published in the May/June 2008 issue of Diabetes Self-Management:

1. Write down everything you eat and drink for a week. It can help you to choose better foods, give you a sense of how much you are eating and where your problem areas may be.
2. Learn to read food labels. The ingredients are listed in descending order by weight, so if sugar or high-fructose corn syrup is the first or second ingredient, skip it. Also, pay attention to the serving size.
3. Plan your menu for the week on Sundays. It can help you to not choose less favorable foods out of hunger or convenience.
4. Prepare dishes based on dried beans or other legumes (anything that grows in a pod). They are inexpensive and an excellent source of fiber and protein.
5. Eat at least one piece of fruit every day.
6. Find a soy product you like and eat it once a week. Try edamame (young green soybeans) for a snack, soy milk or soy-based veggie burgers (in the frozen section of the market).
7. Eat fish once a week and vary your fish consumption.

## Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- July, August, September

\$28 Residents

\$56 Non-residents

For Fitness Center hours and orientation times see page 12.

## Scripps Health Talks

**\*\*Supported by a grant from Scripps Health\*\***  
**Refreshments Served. Please Register in Advance.**

### "Skin Health"

**Mon., July 14th 10:00 am**

Come learn how to keep your skin healthy. Reduce your risk of skin cancer. Most skin cancers are preventable and early treatment most often has excellent results.

### "Sleep Disorders"

**Mon., August 4th 10:00 am**

Getting a good night's sleep is more important than ever! Sleep affects our daily functioning and our physical and mental health. This health chat will give basic information about sleep, symptoms of sleep disorders and treatments.

Please note this health chat is on the 1st Monday of the month!





# Daily Events

Group	Day	Time	Group	Day	Time
Art-Watercolors	M	9:00 am	(Pilates)	M, W	10:30 am
Bereavement	Th	1:00 pm			
(San Diego Hospice)					
Blood Pressure	F	8:30 am	Inquirers Group	T	10:00am
(Red Cross)			Quilting	Tu	1:30 pm
Bridge-Chicago	M, Tu, F	12:30 pm	Scrabble	M, W, F	12:30 pm
Bridge-Duplicate	W	12:30 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-FarnumDup	M	6:00 pm	Singing Seniors	Tu	1:30 pm
Casual Crafters	W	9:30 am	Spanish	W, F	9:45 am
Computer and	W	1:00 pm	Spanish, Conv.	M,W,F	10:00 am
Camera Club			TOPS	F	12:00 pm
Computer Lab	W	12:00 pm	Ukulele Class	Tu	10:00 am
Computer Lab	F	10am-12 pm	World Affairs	M	10:00 am
Computer Lab	F	1:00 pm	Yoga (Chair)	W	7:15 pm
Creative Writers	Tu	2:00 pm	Yoga	Th*	5:00 pm
Cribbage	W	10:00 am	Yoga	F	8:00 am
Dance-Ballroom	M	1:00 pm			
Dance-Line/Adv.	Tu	9:45 am	* No class the first Thurs of July		
Dance-Line/Beg.	Tu	10:45 am	* Yoga Thurs pm		
Dance (Tues. Night)	Tu	6:30 pm	* Summer session June 26th through July 31st		
Dance- Square	F (1st-3rd)	7:00 pm	Cost: \$10.00		
(Calico Twirlers)					
Exercise	M- Th	8:00 am	Line Dance	Tue	\$3/\$3.75 resident/non resident
Exercise	Tu	9:00 am	Night Dance	Tue	\$5 for all
(Longevity Stick)			Square Dance	Fri	\$5 for all
Exercise	Sa (Marina)	8:00 am	Strength Tr.	Wed	\$1/\$1.25
(Longevity Stick)			Ballroom Dance	Mon	\$3/\$3.75
Exercise	W	6:00 pm	Pilates	Mon, Wed	\$24/\$30 - 4 Week Session
(Strength Training)					
Exercise					

## Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	July 16 & 18	W & F	12:30 pm	\$10.00	(619)641-7020

Computer Classes - See Page 9

Circuit Training- See Page 3





# JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 6:30 CV Senior Club Dance	2 1:00 Classic Film Series	3 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & General Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	4 Closed Happy July 4th!	5 Fitness Center Open 8:30-11:00 am Every Saturday!
6 Plates Join Today! 10:30 am	7 6:00 Duplicate Bridge	8 12:15 Men's Group Lunch Rm 7 6:30 CV Senior Club Dance	9 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 3:00 Commission On Aging	10 10:00 Bingo Rm 10 1:00 Movie Time Rm 10	11 11:00 American/Korean Group Rm 9,10	12
13 10:00 Health Chat "Skin Health" Rm. 9	14 6:00 Duplicate Bridge	15 12:30 La Ronda Rm. 9, 10 1:30 Sing-a-long Fireplace	16 12:30 AARP Driver Safety Program Rm 10	17 8:30 Vision Support Group 10:00 Volunteer Mtg. Rm 7	18 9:30 CV Senior Club Board Mtg. 12:30 AARP Driver Safety Program Rm 10	19
20 10:00 Images of Chula Vista 6:00 Duplicate Bridge	21 7:00 Bahia Sur Kennel Club	22 6:30 CV Senior Club Dance 7:00 Flexible Volunteer Orientation	23 12:00 CV Art Guild Rm 9-11	24 1:00 CV Senior Club <b>Luan</b> Cornell Hall	25 12:00 Club Amistad Board Rm 9, 10 1:00 Investment Club Conf. Rm	26
27	28	29 6:30 CV Senior Club Dance	30 9:30 Wii Bowling Rm 10	31 10:00 Telephone Fraud Workshop Rm 10 12:00 Billiards Tournament Game Room		





# AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 1:00 Movie Time Rm 9	2 Fitness Center Open 8:30-11am Every Saturday!
3	4 10:00 Health Chat Rm 9 “Sleep Disorders”	5 1:00 Dialysis Support Group Rm 9 6:30 CV Senior Club Dance	6 1:00 Classic Film Series Rm 11	7 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & General Mtg. 7:00 Antiques & Collectibles Rm. 9-10 7:00 SOBAR's Rm. 11	8 11:00 American/Korean Group Rm 9,10	9
10 The Senior Center is closed Aug. 11 - Sept. 1 The Fitness Center remains open.	11 10:30 Pilates Fitness Center Open 10:30am - 2pm	12 Fitness Center Open 8 - 11:30am	13 10:30 Pilates Fitness Center Open 10:30am - 2pm	14 Fitness Center Open 8 - 11:30am	15 Fitness Center Open 10:30am - 2pm	16
17	18 10:30 Pilates Fitness Center Open 10:30am - 2pm	19 Fitness Center Open 8 - 11:30am	20 10:30 Pilates Fitness Center Open 10:30am - 2pm	21 Fitness Center Open 8 - 11:30am	22 Fitness Center Open 10:30am - 2pm	23
24	25 10:30 Pilates Fitness Center Open 10:30am - 2pm	26 Fitness Center Open 8 - 11:30am	28 10:30 Pilates Fitness Center Open 10:30am - 2pm	29 Fitness Center Open 8 - 11:30am	30 Fitness Center Open 10:30am - 2pm	31



# Around Town Classes

## **Salt Creek Rec. Center**

2710 Otay Lakes Rd. 585-5739

**Table Tennis** Wed 1:30 pm - 3:00 pm  
Call For Details

### **Fitness Room**

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

### **Yoga**

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

## **Veterans Park**

### **Recreation Center**

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes

offered. Call center for days and fees.

### **Feeling Fit Exercise: Strength, Balance & Flexibility**

Tues./Thurs., 2:00 pm - 2:30 pm

Free.

Enjoy this fun class that's good for you too!

## **Parkway Family**

### **Aquatic Center**

385 Park Way 691-5088

### **Lap Swim**

M-F 6 to 8 am, 11 to 1 pm

Sat 10:30-12:00 pm

Call For Fees

## **Loma Verde Family**

### **Aquatics Center**

1420 Loma Ln. 691-5081

### **Lap Swim**

Mon, Wed, Fri 6:00 - 8:00 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

### **Water Aerobics**

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

## **Town Center Manor**

### **Exercise:**

432 F Street

For more information call

Kim Burgess 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

## **Villa Serena**

1231 Medical Ctr Dr. 934-8001

### **Cooking/Nutrition**

Tuesday 11:00 am

### **English as a Second Language**

M 1:00 pm

### **Computer Class**

Tuesdays 2pm

## **Kiku Gardens**

1260 3rd Avenue 422-4951

### **Abacus & Brain Development.**

Thurs. 2:00 pm

## **Heritage Comm. Ctr.**

1381 E. Palomar St. 421-7032

### **Aerobics**

Tu / Th 9-9:50 am Call for Fee

## **J St. Marina Park**

### **Tai Chi**

Saturday 9:00 - 10:30am



## Special Notice



### **Need Help Filling Out Your Homeowner or Renter's Rebate Form?**

Let our volunteers help you save money. If you qualify for a homeowners or rental rebate, appointments will be available to assist you in filling out the necessary forms from July 1st - October 15th. Call Norman Park at (619)691-5086 to set up an appointment now!



# Volunteer/Job/Stipend Opportunities

## **Life Options: Everyone is a Winner!**

Have you recently retired or are about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay. Call (619) 691-5086 to make an appointment.

## **"SNAP" School Nutrition Advocacy Program**

Do you have a flair for nutrition or a desire to nurture or mold children? The students at various elementary schools in Chula Vista need your guidance. Come eat lunch with the children and encourage them to eat their fruits and vegetables. Time commitment is only 1- 1/2 hours per week. Call Heather Namora at 498-8042.

## **Community Resource Volunteer**

Norman Park is looking for volunteers to provide health information to seniors. The "Promotoras" or community resource volunteers will speak at the senior residences, mobile home parks and to senior social groups about important health issues. Promotoras will be trained by Scripps Health and Well Being Center staff and will receive a stipend for their work. Pick up an application in the Norman Park office.



## Computer Corner



### **SeniorNet Computer Classes**

**SeniorNet Membership:** \$40/yr (check required)

**Class Fee: ( all 4 week classes)**

\$22 (residents)      \$28 (non-resident)

### **Beginning Computer Classes**

Thursday, Sept. 4,11,18,25      9:00am-Noon

Tuesday, Oct. 7,14,21,28      9:00am-Noon

Wednesday, Nov. 5,12,19,26      9:00am-Noon

This series of courses starts with the basics.  
Materials are Based on Windows XP

### **Digital Photos and Stuff:**

Thursdays, Sept. 4,11,18,25      1:00pm-4:00pm

Thursday, Oct. 2,9,16,23      1:00pm-4:00pm

### **Advanced Internet/Email:**

Tuesday, Oct. 7,14,21,28      1:00pm-4:00pm

### **Challenge Test**

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

#### **Lab Hours**

Wednesday 12 - 2 pm

Friday 10 - 12 pm & 1 - 3 pm

SeniorNet members may use the lab during hours listed.

#### **Private Instruction**

\$10 per session \$12.50 non-resident,

One on one instruction is available for Card Making, Internet, and Review of Basic Computer Skills. Ask in office for details.



**Class schedules are available at Norman Park Center.**





# Club News



## **Chula Vista Senior Citizens Club 2008 Officers**

President: Vera Wuestenberg  
1st Vice President:  
2nd Vice President:  
Secretary: Ellen Overton  
Treasurer: Rosemary Haas

## **We Need Your Help!**

The Chula Vista Senior Club needs your help! A Vice President is needed for it's board of officers. Please help the club and join the Board for 2008.

## **Oxford Senior Citizens Club Boys & Girls Club/Lauderbach Ctr.**

333 Oxford St. Chula Vista

### **Travel Trips**

July 8th - Barona

August 12th - Viejas

September 9th - Pechanga

\$3.00

Edgewater Casino in Laughlin

October 13 - 15th

\$99.00 Double

\$125.00 Single

Call 691-7755

Rebecca Flores

## **Chula Vista Senior Citizens Club Potluck & General Meeting**

**Thursday, July 3rd 12:00pm**

Please join the Club for the July Potluck. Bring a dish to share with 6 to 8 people. A business meeting follows at 12:30.

## **Bingo**

**Thursday, July 10th**

**10:00am**

Come enjoy a morning of bingo with prizes.  
Cost: \$1.00

## **Tuesday Night Dance**

**Tuesdays 6:30 pm**

Join this great group every Tuesday Night in July and August 5th, for music and dancing!

**\*\*\$5 at the door\*\***



July 1st - "Independence Day"

July 8th - "Country Western"

July 15th - "Band Recognition"

July 22nd - "Roaring Twenties"

July 29th - "Formal Night"

August 5th - "Hawaiian Theme"

September 2nd - "Back to School Days"



## **Movie Time!**

**Thursday, July 10th 1:00 pm**

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Starring Jack Nicholson and Morgan Freeman.

Popcorn will be served!

**Friday, August 1st 1:00 pm**

Six MIT students get trained to become experts in card counting so they can go to Las Vegas and get rich. Starring Jim Sturgess, Kate Bosworth and directed by Robert Luketic.

Popcorn will be served!







# Center Operations

## **Senior/ Human Services Supervisors**

Recreation Supervisor III      Kathy Wigginton

## **Senior/ Human Services Staff**

Lorraine Abril	Kristen Johnson
Michele Schlanbush	Frank Martinez
Jim Craig	Danette Myers
Shani Crawley	Yadira Sanchez
Millie Day	Anna Solis
Terris Finkbeiner	Christopher Taylor
Pedro Garcia	
Adolfo Herrera	

## **Phone Numbers**

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral	691-5087

## **New Hours of Operation**

270 F St. Chula Vista, Ca.      (619) 691-5086

M, T, W, F      8:00 am– 4:00 pm

Thursday      8:00 am– 9:30 pm

## **Fitness Center Hours**

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am  
5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department  
Norman Park Senior Center  
270 "F" Street  
Chula Vista, CA 91910